AGM 2019 Program Highlights

After School Garden Clubs – Community Engagement

Both the After-School Garden Clubs and Cooking Classes offer a way for a school to continue to support and sustain their school gardens as the care for the garden and then have the ability to eat the foods they help grow. Garden Clubs were offered at Forest Grove, Windsor and Seaview Elementary in2019.

Forest Grove Elementary after school Garden Club continued to engage students from a wide variety of age groups and backgrounds. Students enjoyed the variety of garden and nature-based activities ranging from fall clean up activities, indoor garden planning and visioning, soil delivery, outdoor yoga sessions, harvesting and tasting a huge variety of crops. Several current Garden Club students as well as a few Alumni also participated in Climate Action Strikes both in May and September 2019

- **Casey Lo, Garden Club student from 2013 to 2017** "The garden has been a big part of my life and always will be. Thank you for all that you've done for me and our community. I've learned so much from being a part of the Garden Club and I can't thank you enough for that."



- **Zakir Rajan, Garden Club student from 2013 to 2019** "Ever since I joined Garden Club you made me feel involved, welcome and accepted. Getting the chance to serve the school one last time (Community Lunch Event June 2019) was really fun. Thank you for everything."





- **Shabniz Rajan, parent of Zakir Rajan** "It has been an honor and a pleasure to get to know you and to work with you, along the years. You have been an amazing role model for Zakir. Thank you for all you do and give."

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Windsor Elementary school garden was also supported again with an After-School Garden Club for 4 sessions during the later spring season. Windsor also signed up to have harvest and tasting classes through the Seed to Table Program which allowed for all classes in the school to experience something from their garden. As a result, there was a greater need for a few sessions of Garden Club to ensure food crops grew well and weeds were kept at a minimum



Seaview Elementary in Port Moody invited Sprouting Chefs to create a pilot project via an After-School Garden Club to help revitalize an inner courtyard garden space. With space being limited and soil being quite poor, it was a challenge to grow many vegetables. The few students who registered were keen to learn with a handful being very engaged as active participants. The 8 weeklong project ended with a few classes focused on eating and the students even managed to eat a few radishes and carrots that grew in their one box. The salad tasting class was also very successful due to the addition of the salad dressing used in the Community Lunch at Forest Grove. These students were also extremely grateful for the extra support they were given from Forest Grove as students here helped grow tomato plants for each of the other schools Sprouting Chefs serviced.

Noah – "Please tell the Garden Club kids at Forest Grove Thank You for growing our tomato plants!"



Edmonds Community School has only hosted 1 Garden Club so far in the fall 2019. After Ms. Yu-Han Chen reached out to us from Byrne Creek Secondary asking us to help her with her Garden Club, we decided this was a great opportunity to build a bridge and connect her 21 students from her existing Garden Club with the emerging ones at Edmonds who is also the feeder school. 14 of the secondary students joined the elementary students in November to put their garden bins to bed with leaves, harvest radish seeds, remove any dead plants and plant a crop of garlic for the 2020 season. Engagement was apparent with students from a variety of backgrounds coming together for the first time in their garden space including parents, grandparents, younger siblings and an educational assistant helping an at-risk youth on the spectrum who is very engaged in the garden space.

Edmond's Teacher Quote in regards to Alvin, at-risk student on the spectrum: "Alvin now spends most of his recess and lunch time in the garden. He loves it that much. It's a safe space for him that he had yet to find anywhere else in the school."

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June 2019 Community Lunch at Forest Grove Elementary - Engagement

The opportunity to provide a free lunch to the community at Forest Grove Elementary was possible due to a grant via the Metropolis at Metrotown Ivanhoe Fund applied for jointly between Forest Grove and Sprouting Chefs Society. This funding allowed us to purchase pasta from Ciolfi's at a discounted rate, the serving supplies needed for all 375 students and staff members, as well as the service of supervision and orchestration of the event by Sprouting Chefs. **Most importantly it allowed for the opportunity for students who had yet to participate in the event to have the chance to shine their talents in cooking, serving and demonstrating leadership, responsibility and teamwork.**



Ingredients were sourced through the garden first. Visioning and believing that this opportunity would manifest, crops were planted in the spring with the hope they would be used for this event including a variety of salad greens, peas, and herbs.

Donations for this event included 100lbs of tomatoes from Houweling farms once again and 10 basil plants as well as a gift card from Whole Foods Market Burnaby for the purchase of parmesan and supplemental produce the garden could not provide.

We are excited to have the support of funds via a private donation to again provide another community lunch event in January 2020 as this will be the first time doing a lunch in the winter using tomatoes which have been frozen from growing directly from the school garden. Garlic has also been saved from the summer to be used for this event.

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After School Cooking Classes – Forest Grove Elementary

Since 2016, we have been slowly building the After-School Cooking Class program at Forest Grove Elementary. As some of the students have been with us since the beginning, it became evident the program needed to shift away from being 2 separate programs offered to age groups, to a Beginner Class group and an Advanced Class group as a way to maintain the engagement of the students returning.

This separation allowed for us to really expand and engage the students having been with us since 2016 in new and exciting ways via recipes which have been a bit more challenging in terms of skill and taste profiles including creating Butter Chicken from scratch, pasta from scratch, end of season challenges by asking the students to form groups and create their own recipes using items from the garden or sourced locally.

By dividing the groups into Beginner and Advanced groups, we saw an increase in the Beginner classes as over time the program has developed a positive reputation throughout the school community.







2019 was also the year our program fees increased to reflect the true value of our program which often included up to 4 recipes and resulted in complete dinners the children would make and enjoy saving parents from serving dinner! By increasing the registration fees and allowing more students to join us in the beginner program, this has allowed for us to hire new staff to support the program which has had a ripple effect into our summer camp program and vice versa.

A generous donation from the PAC at Forest Grove allowed for a scholarship opportunity for 1 student to participate in the Beginner Program for the full year. 2 teachers have also sponsored a student for 2020 Winter's session as they see the value in the program.

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SOS Children's Village

Sprouting Chefs continued to provide monthly cooking class workshops to a group of Indigenous At Risk Youth at the SOS Children's Village in Surrey BC throughout the months of Spring 2019. A variety of lessons and recipes were covered including some inspired by the Sioux Chef's Indigenous Kitchen, Thai Recipes, Soups and Pasta dinners. This was our second season with the students and their families.





Future Program for 2020 – Stratford Hall After School Cooking Club

Cooking Workshops

Our main strategy with all our cooking class workshops is to provide basic recipe ideas that are both health conscious, seasonally inspired as well as recipes that kids and teens would be likely to make at home. Although physical health is a main concern by learning how to cook, the kitchen is also a place where mindfulness can be explored; how to stay present, what we can do to take care of our future selves by planning ahead, taking care of others through providing a meal and finally sitting at the table to enjoy a meal together. Gratitude, confidence, courage and working as a team are all virtues that we also explore in our lessons.

With older teen groups we are finding more and more that they are open to ideas of what they can eat to boost their energy, ease their nerves and gain confidence in the kitchen whereas they are more likely to resist the urge to change their overall eating habits. Approaching lessons on what to eat to feel and do their has been more successful. We also explore ways they can use these skills in practical job situations in the future.

Burnaby Youth Leadership Program via City of Burnaby

Passion, Purpose, & Well Being was the focus of this class. Students were encouraged to express their passion for food and why they love to eat. They were also given the opportunity to learn about job opportunities in the hospitality industry through direct instruction with 2 sous chefs from Earls Restaurant.

Since these teens were leadership focused, the group was seeking ways to strengthen their skills so they could provide ways to teach other younger students in upcoming programs they would be leading.





We were successful enough with this first group in March of 2019 to be invited back in November 2019 as well with a new group of youth leaders. Although a bit more reserved from the first group, we were able to engage with at least one student who offered his volunteer services with us in the future. He enjoyed every aspect of our lesson and wanted to continue to learn more ways to cook and be more health conscious.







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Study Buddy International at Camp Capilano

In May 2019, Sprouting Chefs was invited to facilitate a cooking class workshop to a group of 33 teen students from the Philippines via Study Buddy International. The following was a focus of this workshop:

- **Choosing nutritional food – the Canadian food guide** - What does my body need in this moment? How can I choose the best ingredient for me? (Self Care)
- **Easy / healthy on the go food** - Power Balls and other ideas
- **Food cycle and sustainable eating habits** - What is seasonally and locally available here in BC
- **How to minimize waste during every meal** - How to use up leftovers in other meals (Soup can be made from the left over veggies)
- **Teaching food prep for breakfast in the mornings during days at camp** – to help manage meals - What is best to eat in the morning based on the day's activities

It was interesting to note that this group ranged in experience with mostly male students who had rarely been in the kitchen at home but were very eager, polite and keen to learn to one female student who said she had a cooking program in her elementary school in Manila that included raising a chicken from an egg over a school year and eventually slaughtering and processing the animal for a meal!



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Seed to Table Garden Classes

Our Seed to Table Program varied from school to school this year with at least one main goal in common: for each class division to plant a crop that can be found here in BC in their school garden and for those crops to be tasted by the end of the school year. **West Coast Seeds** donated a box of seeds that satisfied all our planting needs this year including a wide variety of sunflowers, carrots, salad greens, Asian greens, spinach, peas and beans.

Forest Grove Elementary Seed to Table Program also included classes at the Labyrinth where we incorporated conversations of the Virtues of Peace, Love, Gratitude and Forgiveness.







We continue to offer our garden lessons in the Spring to Windsor and Lochdale Community School since 2013. The focus at these two schools is around getting their garden beds planted each spring with Lochdale having parent support to maintain the gardens throughout the year which results in less support from us at Sprouting Chefs. Future focus: funding is needed to sustain this program via an after-school garden club and cooking classes. Neither Windsor or Lochdale have had cooking classes with Sprouting Chefs as of yet but we see this as the best way for students at these schools to love their garden and their food when they are able to fully enjoy and eat it.





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With the generous support of the Telus Friendly Future Grant, we were able to establish a year long program including mindfulness lessons in the fall and an after-school garden club at Edmond's Community School. The school currently has 9 garden bins with an application in the Burnaby District for 6 more to ensure every class division has access to a garden learning space. The Garden Club also has the unique opportunity to connect with Byrne Creek Secondary's Garden Club and for students from both the elementary and high school to collaborate and work together.





Summer Wellness & Cooking Camps

Sprouting Chefs facilitated cooking camps at 3 locations during the summer of 2019: Wellness and Cooking Camp at True Nosh Studios in Vancouver, Forest Gourmet Camp with Fireside Adventures at Camp Capilano and an all girl's session at St. Timothy's Church in Burnaby.

This was our second year at True Nosh Studio in Vancouver. Wellness activities included 45-minute yoga sessions in the morning, journaling, intention bracelets, kindness rocks, peace flags and an introduction to essential oils through making bath salts in the afternoon. Children also learned the value of self care by creating homemade face masks and sugar scrubs while listening to meditations. The location being close to the Olympic village meant we were also able to take the children to a nearby labyrinth to journey inwards while also providing a great outdoor physical activity. Two separate weeks were offered in this location with this program for both the 10 to 13-year-old participants and the younger 7 to 9 year old's.






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St. Timothy's Church in Burnaby was a new location where we provided our first All Girls Session in mid July of 2019. The session almost did not happen but due to the few families registered who rounded up other families, we were able to provide a successful program on a smaller scale allowing for deeper connections.





We had 6 returning participants overall from previous summer camps including Kate Chan who has returned every year for the past 4 years. Kate is now set to be a volunteer leader at Stratford Hall's after school cooking class program and will also be helping us in the summer of 2020 as teen mentor.







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Field trips to Whole Foods were also a part of the camp experiences again this year. Children learned how to shop on a budget with the older groups having to return to camp and cook a meal together. All children in the camps also learned the value of teamwork, using key ingredients that are local and seasonal as well as a few plant based recipes.



Testimonials from the Summer – Impact Statements

Meg Peniafel, parent of Summer Wellness Camp participant "Out of everything you taught this past summer, Gaby remembers the conversations about the virtues most. That was surprising to me since the cooking is what I thought she would remember. Each day I would ask her to rate the camp out of 10. Usually, she rates camps at a 6 but yours she would rate consistently at a 9!"

Margarita Prokop, grandparent of Forest Gourmet 2nd Year Camper "Thank you for having Trinity in cooking camp once again. She loves it!"

Parent of Summer Wellness Camp Participant twin boys "My boys have been coming home every night and cooking dinner for us. They love it that much"

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